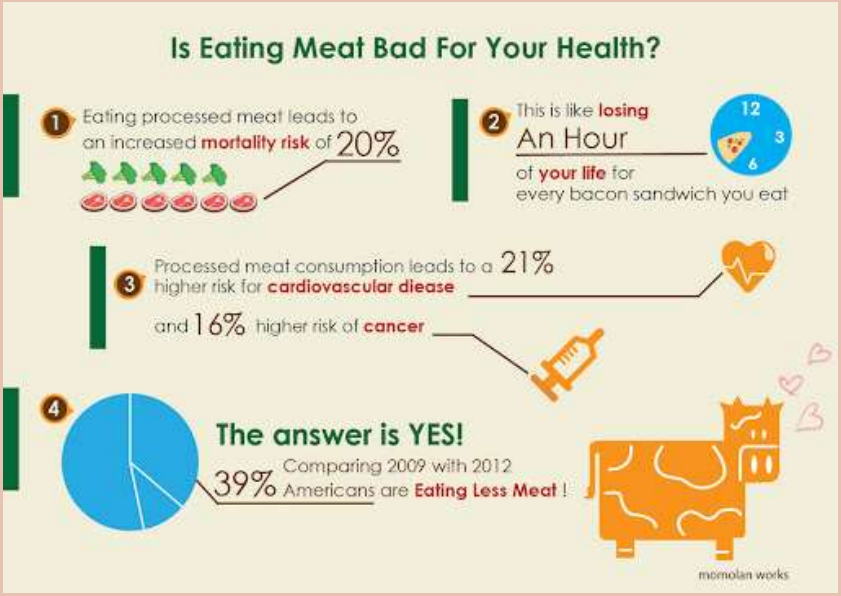
Meat Eating


Is Eating Meat Bad For Your Health?
1
Eating processed meat leads to an increased mortality risk of 20%
2
This is like losing An Hour of your life for every bacon sandwich you eat
12
3
6
3
Processed meat consumption leads to a 21% higher risk for cardiovascular diease
and 16% higher risk of cancer
4
The answer is YES!
39% Comparing 2009 with 2012 Americans are Eating Less Meat !
momolan works

Krishna Singh Khalsa

Meat Eating
Krishna Singh Khalsa
6/17/99

This is in reply to the advice given to one of the questions about meat eating

> *sikhs are allowed to eat meat as long as the animal dose not suffer! I might be wrong*

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Reply

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Some enlightening citations from Siri Guru Granth Sahib, which go beyond the generally held <belief> that our Guru had nothing negative to say about the choice to eat meat, have been offered recently on this Question Forum. The title related to the <Validity of the Rehit of Guru Gobind Singh>. Please read and contemplate the following:

> **Jau sabh meh ek khudai kehat hau, tau kiyo murgee marai** (GGS 1350)
> You say that the One Lord is in all, so why do you kill chickens?
> O Mullah, tell me: is this God's Justice?

Asankh galvadh hatiya kamaih (GGS 4)
Countless cut-throats and ruthless killers.

Kabir bhaang maachlee sura paan jo jo pranee khanheh, teerath barat naim keeyai te sabhai rsatl janhe (GGS 1377)
Kabeer, those mortals who consume marijuana, fish and wine
- no matter what pilgrimages, fasts and rituals they follow, they will all go to hell.

Baid parhai mukh meethee banee, jeean kuhat n sungai pranee (GGS 201)
With his mouth, he recites the Vedas in sweet musical measures,
and yet he does not hesitate to take the lives of others.

Roja dharai mnavai Allahu suadat jea sungharai, aapa dekh avr nhee dekhai kahe kau jhukh maarai (GGS 483)
You keep your fasts to please Allah, while you murder other beings for pleasure.
You look after your own interests, and so not see the interests of others. What good is your word?

Since I believe that you may be from California (and a resident of the U.S.), I would also encourage you to read and understand the following information related to the U.S. system of raising beef and producing milk for human consumption. As you will see, the standard practice is neither humane or healthy for the animals in question (not just in how they're killed, but also how they live in cruelty and exploitation), the horrendous materials they are fed.

Finally, the meat and dairy products of such industrial intensive forms or raising animals for food have very ominous implications for the health of the humans who choose naively to eat them. Please read the following, written by Mr. Howard Lyman, a former large-scale Montana, USA, cattle and dairy farmer, who writes little known information with the knowledge of an insider. Last year he was a co-defendant with Oprah Winfrey in a now famous jury trial in Amarillo, Texas.

He was charged with <slandering> the cattle industry, under the <Texas Food Disparagement Law>. The jury acquitted him and Oprah Winfrey. His facts withstood the challenge of a $5 million dollar lawsuit:

I'd be happy to consider your responses after you've read the following:

Sincerely,
Krishna Singh Khalsa

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FACTS ABOUT U.S. AGRIBUSINESS DAIRY & BEEF PRODUCTS :
Part I

(or, Why Organic is the Only Safe Source of Animal Derived Food Products in the U.S.)

The Health Implications in Sourcing Human Food from Agri-business Cattle Products:

Beyond the fact that cattle are ruminants and therefore unsuited to digesting meat derived substances (complex proteins, high fat, no fiber), Lyman offers many startling revelations as to common feeding practices in the agribusiness cattle industry, particularly in terms of the quality (rather, the questionable, grotesque quality) of the meat based products being fed to cattle in the U.S. And, it's important to recognize that Lyman is a former cattle rancher, large scale farmer and agri-businessman himself. He knows the score from the inside of the industry. And, no cattleman has ever been able to dispute Howard Lyman on the basis of fact. His facts stand as presented. Here are some of them?

> <When a cow is slaughtered, about half of it by weight is not eaten by humans: the intestines and their contents, the head, hooves and horns, as well as bones and blood. These are dumped into giant grinders at rendering plants, as are the entire bodies of cows and other farm animals known to be diseased. Rendering is a $2.4 billion-a-year industry, processing 40 billion pounds of dead animals a year [a net 6 cents per pound],>

(from Howard Lyman, Mad Cowboy, Scribner Press, 1998; hereafter abbreviated as MC, pp. 11-12).

> <There is simply no such thing in America as an animal too ravaged by disease, too cancerous, or too putrid to be welcomed by the all-embracing arms of the renderer,> (MC, p. 12).

> <Another staple of the renderer?s diet, in addition to farm animals is euthanized pets <the six or seven million dogs and cats that are killed in animal shelters every year. The City of Los Angeles alone, for example, sends some two hundred tons of euthanized cats and dogs to a rendering plant every month,> (MC, p. 12).

> Added to the blend are the euthanized catch of animal control agencies, and roadkill. (Roadkill is

not collected daily, and in the summer, the better roadkill crews can generally smell it before they can see it),? (MC, p. 12).

> <When this gruesome mix is ground and steam cooked, the lighter fatty material floating to the top gets refined for use in such products as cosmetics, lubricants, soaps, candles and waxes,> (MC, p. 12).

> <The heavier protein material is dried and pulverized into a brown powder--about a quarter of which consists of fecal material. The powder is used as an additive to almost all pet food as well as to livestock feed. Farmers call it <protein concentrates.> In 1995, 5 million tons of processed slaughterhouse leftovers were sold for animal feed in the United States,> (MC, p. 12).

> In 1997, the FDA began to prohibit the feeding of ruminant protein (from cud-chewing animals) to other ruminants, out of a concern to prevent the spread of a disease called bovine spongiform encephalopathy (<Mad Cow Disease>).

> <To the extent that the regulation is actually enforced, cattle are no longer quite the cannibals that we had made them into. They are no longer

eating solid parts of other cattle, sheep, or goats,> (MC, p. 12).

> <They still munch, however, on ground up dead horses, dogs, cats, pigs, chickens, and turkeys, as well as blood and fecal matter of their own species and that of chickens. About 75 percent of the ninety million beef cattle in America are routinely given feed that has been ?enriched? with rendered animal parts,> (MC, pp. 12-13).

> <The use of animal excrement in feed is common as well, as livestock operators have found it to be an efficient way of disposing of a portion of the 1.6 billion tons of animal wastes generated annually by their industry,> (MC, p. 13).

> <In Arkansas, for example, the average farm feeds over fifty tons of chicken litter to cattle every year,> (MC, p. 13).

> <One Arkansas cattle farmer was quoted in U.S. News & World Report as as having recently purchased 745 tons of litter collected from the floors of local chicken raising operations. After mixing it with small amounts of soybean bran, he then feeds it to his eight hundred head of cattle, making them, in his words, <fat as butterballs.> He explained, <If

I didn?t have the chicken litter, I'd have to sell half my herd. Other feeds are too expensive,> (MC, p. 13).

> <If you are a meat-eater [or consumer of agribusiness dairy products], understand that this is the food of your food,> (MC, p. 13).

Background:
One very important fact about all cattle (from which dairy and beef products are derived) is that cattle are ruminants, not carnivores, and not omnivores. Ruminants only eat grasses and other green plants (not including grains). Carnivores eat meat. Omnivores eat plants, grains and meat. Every animal species evolved as either raw food vegetarians, carnivores or omnivores, and simultaneously evolved an appropriate digestive system, with the required enzyme processes and intestinal systems for digestion of their own specific form of diet. Cattle are cud-chewing ruminants who have three stomachs, through which they digest leaf material in progressive stages, alternated with stages of chewing in which foods are mixed with mouth enzymes in order to digest and extract the nutrients found in grass. Carnivores rely for digestion on enzymes that are contained in the raw meats that they eat?the self-contained enzymes in

raw flesh cause the meat to break down (putrefy) in order to release the various nutritional components in the meat. These facts are extremely important, because cattle have neither the digestive structure, nor the stomach digestive enzymes (as opposed to enzymes in saliva) to digestive the cooked animal parts which they are being feed in massive amounts as protein enriched feeds by the agribusiness cattle industry.

Feeding dead animals to cattle is simply a profit based strategy to fatten cattle (and get them to produce more milk), by feeding them foods that are derived from dead animals, oftentimes diseased and/or filled with toxic chemicals, or <protein> sources that are cheap and essentially unsanitary. These are foods that the cattle would never freely choose to eat if they were exposed to them in whole form, or in the wild. Instead, the protein enrichments are sweetened with molasses and other additives, and simultaneously the cattle are being feed synthetic hormones which give them a rather ravenous hunger, under the conditions of which they would probably attempt to eat almost anything that is not nailed down or too large to get into their mouths. Thus we witness phase one of a highly organized, industrialized agribusiness system for cultivating animals in ways that are largely kept

secret and out of public view and public knowledge, presumably because most humans would find the practices repugnant, inhumane
and unacceptable.

Gelatine - Allowed or not??
Gurjeet K. Kaur
27/03/2003

I found this about meat on this page.

Here are few things from SGGS.

"Maas Maas Kar Moorakh Jhaghrrey.
Gian dhian Nahin Jaaney.
Kaun Maas Kaun Saag Kahaavey
Kis Mah Paap Samaaney" (pg. 1289-1290)

"Paap Karendar Sarpar Muthey.
Ajraeel Pharrey Phar KUTHHEY" (pg. 1019)
The sinner will certainly be ruined or destroyed.
The angel of death will seize and kill them.
(Here the word "kuthhey" means simply killing, not killing by Halaal)

"Bed Parhey Mukh Mitthee Baani
Jeeaan KUHAT Na Sangey Paraanee" (pg. 201)
He (Pandit) recites the Vedas very sweetly, but he does not hesitate to kill life.

"Abhakhya Ka Kuthha Bakra Khanaa
Choukay Upar Kisey Na Jaanaa" (pg. 472)
They eat the meat obtained while uttering the unspeakable word (referring to Qalima of the Muslims which the Hindus considered as unspeakable) and allow none to enter their kitchen square.

"Lahore shahar zahar kahar sawa pahar" (pg. 1412)
God's curse is upon the city of Lahore for a quarter of the day*

"Jit Laago Man Baasna, Ant Saaee Pragtaani" (pg. 267)
The desire to which the mind is attached, becomes manifest in the end.

This brings out clearly the thinking of Sahib Sri Guru Nanak Dev Ji in this respect.

Sri Guru Granth Sahib prohibits eating of animal flesh in clearcut and unambiguous language in a number of places:

"Jee Badhoh So Dharam Kar Thaapoh,Adharam Kaho Kat Bhai.
Anpas Ko Munwar Kar Thaapoh, Kaa Ko Kaho Kasaaee. (pg. 1103)
You kill animals and call it religion (Rahit); then what indeed is irreligion (Kurahit)? Even then you consider yourself as a sage of sages; then whom to call a butcher?

"Bed Kateb Kaho Mat Jhoothhay, Jhoothhaa Jo Na Bichaarey. Jo Sabh Meh Ek Khudai Kahat Ho,To Kio Murghi Maarey" (pg. 1350)
Do not call various religious texts false. False is one who gives no thought to their contents. If you consider God is in all, then why you slaughter the chicken (i.e., life?)

"Rojaa Dharey, Manaavey Mlah, Svaadat Jee Sanghaarey. Aapaa Deldi Avar Nahin Dekhey,Kaahey Kow Jhakh Maarey" (pg. 1375)
You keep fasts (i.e., religious acts) to appease God. At the same time you slay life for your relish. This utter selfishness is nothing but empty or nonsensical talk.

"Kabir Jee Jo Maareh Jor Kar,Kaahtey Heh Ju Halaal.
Daftar Daee Jab Kaadh Hai, Hoegaa Kaun Havaal" (pg. 1375)
Whosoever slays life by force and call it sanctified;
What will be his fate when he will be called to account for it in His Court?

"Kabir Bhaang, Mach liii Surapaan Jo Jo Praanee Khahey. Tirath, Barat, Nem Kiaye Te Sabhay Rasaatal Jahey" (pg. 1376)
Whosoever eats flesh, fish, etc. and takes wine and hemp, all his religious acts will go to waste.

"Kabir Khoob Khaana Khichri, Ja Meh Amrit Lon Heraa Rotee Kaarney Galaa Kataavey Kon" (pg. 1374)
Blessed is the simple food of rice mixed with salt;
Who would risk his head to be slain hereafter, for the meat one eats here?

"Amrit Naam Parmesar Tera Jo Simray So Jeevey" (pg. 616)

God; Amrit is nothing but your Naam and he alone lives who meditates or contemplates on it.

Amrit Har Har Naam Hay Meri Jindareeay
Amrit Gurmat Paaey Ram" (pg. 538)
The Naam Divine is Amrit; and is obtained through the Guru's Instruction.

What's Wrong With Leather?

When you buy a leather jacket or leather shoes, you support animal

suffering.

Millions of cows, pigs, sheep, and goats are slaughtered for their skin every year.They are castrated, branded, tail-docked, and dehorned without anesthesia.Then they are trucked to slaughter, bled to death, and skinned.

Leather is not simply a slaughterhouse byproductâ€”itâ€™s a booming industry.The meat industry relies on skin sales to stay in business. In fact, skin accounts for approximately 50 percent of the total byproduct value of cattle. Animal skin is turned into finished leather through the use of dangerous mineral salts, formaldehyde, coal-tar derivatives, cyanide-based oils and dyes, chrome, and other toxins.People who have worked in and lived near tanneries are dying of cancer caused by exposure to toxic chemicals used to process and dye the leather. A New York State Department of Health study found that more than half of all testicular cancer victims work in tanneries.When you buy

leather products, you may be purchasing leather from Asian dog and cat tanneries; because product labeling rarely indicates where the skins originate, thereâ€™s no way to know for sure.Buying nonleather shoes, belts, wallets, bagsâ€”even baseballsâ€ has never been easier. This guide is divided into three sections:

Companies listed in this guide that are highlighted with an asterisk (*) are included in PETA's online shopping mall at www.peta.org.

VEGAN COMPANIES

The following companies sell only animal-friendly and cruelty-free products. To find out where their products can be purchased, please contact them directly.

Bagg Lady Handbags
Tel.: 800-459-3033
E-Mail: bagglady@oro.net
Web site: www.bagglady.com
Versatile synthetic leather purses are designed with a built-in wallet for maximum space, efficiency, accessibility and organization.

Cedar Key Canvas
Tel.: 800-729-0297
E-Mail: julie@ckcanvas.com
Web site: www.ckcanvas.com
Handcrafted and custom made canvas totes, purses, luggage and duffles.

Chrome Bags
Tel.: 415-503-1221
E-Mail: chrome@chromebags.com
Web site: www.chromebags.com
Nonleather messenger bags, laptop bags, and DJ bags.

Ellen Richards Designs
Tel.: 323-571-1682
E-Mail: info@ellenrichardsdesigns.com
Web site: www.ellenrichardsdesigns.com
Vegan handbags, tote and cosmetic bags.

Ethical Wares *
Tel.: 011 44 1570 741155
E-Mail: vegans@ethicalwares.com
Web site: www.ethicalwares.com
Trekking and hiking boots, dress boots, steel-toe safety boots, and dress shoes for men and women.

Evolutionary Fur

Tel.: 800-FAKE-FUR
Web site: www.evolutionaryfur.com
Oleg Cassini designs this entirely vegan line of faux fur coats, complete with an anti-fur message on the label.

Freerangers
Tel.: 44 (0)1661 831781
E-Mail: info@freerangers.co.uk
Web site: www.freerangers.co.uk
Vegan shoes, accessories, and clothing for men, women, and children.

GoodGoth.com
The Corner Store
Tel.: 413-568-6641
E-Mail: luluwhite@aol.com
Web site: www.goodgoth.com
Funky vinyl shoes, boots, bags, coats, skirts, dresses and lingerie.

Heartland Products, Ltd. *
Tel.: 800-441-4692
Web site: www.trvnet.net/~hrtlndp/
Nonleather Western-style boots, baseball gloves, shoes, watchbands, and biker jackets.

MooShoes *

Tel.: 212-481-5792
E-Mail: erica@mooshoes.com
Web site: www.mooshoes.com
Wide variety of nonleather shoes, belts, and wallets.

NoBull Footwear
Tel./Fax: 011 44 1273 302979
E-Mail: information@veganstore.co.uk
Web site: www.veganstore.co.uk
Vegan dress and casual shoes, hiking boots, jackets, belts, and wallets.

Pangea *
Tel.: 800-340-1200
E-Mail: info@veganstore.com
Web site: www.veganstore.com
Shoes, clothing, belts, bags, and more.

Queenbee Creations
Tel.: 360-352-1610
E-Mail: queenbee@olywa.net
Web site: www.olywa.net/queenbee
Unique vinyl bags, wallets, belts, guitar straps and accessories are custom made according to your specifications.

Sparkle Craft
E-Mail: sparklecraft@yahoo.com

Web site: www.sparklecraft.com
Vegan guitar straps, belts, bags and accessories.

Splaff Flops
Tel.: 619-221-9199
Web site: www.splaff.com
Nonleather sandals made from recycled materials.

Timbuk2 Designs
Tel.: 888-TIMBUK2
Web site: www.timbuk2.com
Nonleather custom-designed messenger and computer bags.

Tomorrow's World
Tel.: 800-229-7571
E-Mail: comments@tomorrowsworld.com
Web site: www.tomorrowsworld.com
Nonleather clothing, shoes, belts, bags, and organic hemp products.

Truth
Tel.: 416-777-1604
E-Mail: truth@rogers.com
Web site: www.truthbelts.com
Fashionable nonleather belts and purses.

Used Rubber USA

Tel.: 415-626-7855
E-Mail: info@usedrubberusa.com
Web site: www.usedrubberusa.com
Wallets, organizers, and bags made from recycled rubber.

Vegan Essentials
Tel.: 866-88-VEGAN
E-Mail: questions@veganessentials.com
Web site: www.veganessentials.com
Hemp shoes and clothing, nonleather shoes, belts, and wallets.

Veganline
Tel.: 0800-458-4442
E-Mail: nude@animal.nu
Web site: www.veganline.com
Stylish vegan shoes, boots, and belts.

Vegan Shoe Store and More
Tel: 503-3314-6663
E-Mail: sales@veganshoestore.com
Web site: www.veganshoestore.com
Vegan boots, belts, wallets, shoe polish, jackets, pants, gloves, purses and more.

Vegan Wares *
Tel.: 011 61 3 9417 0230

E-Mail: veganw@veganwares.com
Web site: www.veganwares.com
Nonleather shoes, boots, briefcases, wallets, dog collars, jazz shoes, and ballet slippers.

Vegetarian Shoes
Tel.: 011 44 127 369 1913
E-Mail: information@vegetarian-shoes.co.uk
Web site: www.vegetarian-shoes.co.uk
More than 50 styles of synthetic leather and synthetic suede shoes, including genuine Doc Martens boots and shoes, Birkenstocks, dress shoes, hiking boots, work boots, pleather jackets, and belts.

TheVegetarianSite
Tel.: 520-529-8691
E-Mail: shopping@thevegetariansite.com
Web site: www.thevegetariansite.com
Vegan shoes and accessories.

Via Vegan *
Tel.: 888-304-2334
E-Mail: info@viavegan.com
Web site: www.viavegan.com
Stylish nonleather purses.